



Winter Week One Monday

Crazy Corn Cakes

- 1 c. whole-wheat flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 egg
- ½ c. 1% milk
- 1 1/2 c. frozen corn kernels, thawed, drained
- 1 Tbsp. vegetable oil, for frying
- 2 c. chopped fresh fruit as topping

1. Combine flour, baking powder, and salt in a large mixing bowl.
3. In a separate bowl, whisk together egg and milk; stir in the corn kernels
4. Mix wet corn mixture with dry ingredients, stirring gently
5. Heat oil in large skillet medium heat.
6. Cook until bubbles form on the top, about 2-3 minutes. Flip over pancakes and cook until they're browned on each side, 2-3 minutes more.
7. Serve with fresh fruit.

Makes 16 pancakes. One pancake is a G/B (1/2 oz.) for a 3-5 year old at breakfast.

Pizzazz Pocket Pizza

- 4 circles of pita bread
- 8 oz. ricotta cheese
- 2 c. northern or cannellini beans, cooked and drained
- 1 c. tomatoes, chopped
- 1/2 c. spinach
- 1/2 c. tomato sauce

1. Preheat oven to 350°F.
2. Stir together spinach, ricotta cheese, tomatoes and beans.
3. Slice pitas open. Place 1/2 c. mixture in each pita.
4. Line baking sheet with lightly greased foil.
5. Place in 350°F oven for 8 to 10 minutes.

Serves 8. One pocket pizza is a G/B (1 oz.) MMA (1.5 oz.) and 1/4 c. vegetable for a 3-5 year old at lunch/supper.



Winter Week One Tuesday

Super Power Oatmeal

- 1 c. old-fashioned rolled oats
- 2 c. water
- 1/2 Tbsp. ground cinnamon
- 1 tsp. vanilla extract
- 2 tsp. brown sugar
- 3/4 c. blueberries (fresh or frozen)

1. In a large saucepan, combine water, oats, and cinnamon.
2. Bring water to a boil.
3. Reduce heat and simmer for 5 to 10 minutes or until mixture has thickened.
4. Mix in brown sugar, vanilla and blueberries and keep on heat until blueberries are warm.

Serves 8. 1/2 c. of oatmeal is a G/B (0.5 oz.) for a 3-5 year old at breakfast.

Aloha Tuna Melt

- 1/2 c. chopped onions
- 1 c. chopped celery
- 1 c. grated carrots
- 1 - 12.5 oz. can water-packed tuna
- 1 Tbsp. mayonnaise
- 1 Tbsp. mustard
- 1/4 tsp. thyme, dried leaf
- 1/8 tsp. black pepper, ground
- 1/2 c. cheddar cheese, grated
- 8 slices bread, whole grain
- 8 pineapple rings

1. Preheat oven to 350°F.
2. Combine all ingredients except bread, cheese and pineapple.
5. Place bread slices on a baking sheet and top with 3/4 c. of tuna mixture, 1 Tbsp. of cheese and a pineapple ring.
7. Bake at 350°F for 10 minutes.

Serves 8. One tuna melt is a G/B (1 oz.), MMA (1.5 oz.), 1/4 c. fruit and 1/4 c. vegetable for a 3-5 year old at lunch/supper

Chiminy Chili Carrots

- 2 1/2 c. carrots, peeled, chopped chunked (baby carrots work)
- 1/2 tsp. chili powder
- 1/2 cup. onions, minced
- 1/2 Tbsp. Lime juice
- 1/4 tsp. salt
- 1 Tbsp. Olive oil

1. Preheat oven at 350 degrees.
2. Mix all ingredients together.
3. Roast on a baking sheet, single layer, with parchment or foil, for 20 to 30 minutes, until lightly golden, and tender, not mushy.

Serves 8. 1/4 c. of carrots is a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.



Winter Week One Wednesday

Cheesy Butternut Mac

- 3 c. butternut squash, peeled, cubed
- 8 oz. macaroni
- 1 Tbsp. butter
- 1 c. mushrooms, sliced
- 1/2 c. green onions, thinly sliced
- 2 Tbsp. all purpose flour
- 1 c. fat free milk
- 1/4 tsp. salt
- 1/4 tsp. black pepper, ground
- 3 c. shredded cheese

1. In a medium sauce pan, boil water with squash until tender. Then drain, and mash squash and set aside.
2. Cook pasta as directed, drain.
3. In medium sauce pan, saute mushrooms and green onions until tender.
4. Sprinkle flour over mushroom mixture. Cook and stir for 1 minute.
5. Add milk, salt and pepper. Cook and stir over medium heat until thickened.
6. Remove from heat; stir in squash and pasta
7. Transfer half of the pasta mixture to the prepared baking dish.
8. Sprinkle with half of the cheese. Add remaining pasta mixture and cheese.
9. Bake uncovered, 20 to 25 minutes or until cheese is melted.

Serves 8. One serving is a G/B (1 oz.), MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Stuffed Celery

- 2 c. celery sticks
- 4 Tbsp. cream cheese
- 1/4 c. raisins

1. Spread cream cheese in celery sticks and top with raisins.

Serves 4. 1/2 c. of stuffed celery is a vegetable (1/2 c.) for a 3-5 year old at snack.



Winter Week One Thursday

Chill'n Chili

- 1/2 Tbsp. olive oil
- 1/2 c. yellow onion, chopped medium
- 1/2 c. green bell pepper, chopped
- 1 tsp. garlic, minced
- 1/2 Tbsp. chili powder
- 1/4 tsp. paprika
- 1 c. butternut squash, peeled, diced
- 2 1/2 c. black beans, canned, drained and rinsed
- 3/4 c. water
- 1 c. whole-kernel corn, frozen
- 1 c. tomatoes, stewed, canned

1. Heat oil in a large non-stick skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook 5 minutes.
2. Add chili powder. Cook 1 minute, stirring constantly.
3. Place onion and pepper mixture in slow cooker. Add squash, beans, water, corn and tomatoes. Cover and cook on low for 8 hours or until soup is thick.

Note: Cooking on high will take less time, but be sure not to scorch the soup on the bottom of the pot.

Serves 6. 3/4 c. of soup is a MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Cozy Rosy Yogurt

- 8 oz. low-fat vanilla yogurt
- 2 Tbsp. strawberry preserves

Stir gently to combine.

Serves 4. 1/4 c. of yogurt is a MMA (1/2 oz.) for a 3-5 year old at snack.



Winter Week One Friday

Eggerific Muffins

4 eggs
4 whole grain English muffins, split
2 Tbsp. butter
1 large tomato, thinly sliced
1 c. baby spinach

1. Spray non-stick frying pan with oil and heat over medium heat. Crack eggs in to pan and cook for 3 minutes or until almost set. turn and cook for 30 seconds. remove from heat.
2. Toast muffins until crisp. lightly spread with butter. Top each muffin base with baby spinach leaves, tomato and egg. Repeat using remaining ingredients.

Serves 8. Each muffin half is a G/B (1/2 oz.) for a 3-5 year old at breakfast.

Lota Veggie Turkey Sammie

1 tsp. olive oil
1/2 c. yellow onion, chopped
1 1/2 c. red or green bell pepper, sliced
1/2 c. spinach, cooked (can be thawed - water squeezed out)
9 oz. turkey breast, cooked, cut into strips
3 pitas, whole wheat
1/2 c. ricotta cheese, part-skim
1/2 Tbsp. vegetable oil

1. In non-stick skillet, sauté onions and bell peppers in oil until tender. Then add spinach, and warm through.
2. Fill pitas with 1 Tbsp. of ricotta cheese, 1/2 c. vegetable mixture and 1.5 oz. of cooked turkey.

Serves 6. One sandwich is a G/B (0.5 oz.), MMA (1.5 oz.) and 1/4 c. vegetable for a 3-5 year old at lunch/supper.

Winter King's Cottage Cheese

8 oz. cottage cheese
1 c. blueberries, fresh or frozen/thawed

Combine cottage cheese and blueberries.
Serves 4. 3/4 c. is a MMA (1 oz.) and 1/4 c. fruit for a 3-5 year old at snack.



Winter Week Two Monday

Superstar Breakfast

- 1 1/4 c. water
- 1 tsp. pumpkin pie spice
- 1/2 c. couscous, dry
- 2 c. pears, chopped

1. In medium saucepan, combine water and cinnamon. Bring to a boil.
2. Add couscous and pears. Cover and remove from heat.
3. Let stand for 5 minutes.

Serves 4. 3/4 c. of Superstar Breakfast is a G/B (0.5 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Cheesy Chicken Quesadilla

- 9 oz. cooked diced chicken
- 1 tsp. oil
- 1/4 c. onion, chopped
- 1 c. broccoli, chopped finely
- 1/2 c. mushrooms, sliced
- 1/2 c. refried beans
- 6—6" tortillas, whole grain
- 3 Tbsp. taco sauce
- 6 Tbsp. mozzarella cheese

1. Heat oil in saucepan and saute onions, mushrooms, broccoli until tender.
2. Add refried beans and heat through.
3. Place tortillas on baking sheet and spread each with 1/2 c. of bean vegetable mixture and drizzle with 1 tsp. taco sauce, 1.5 oz. chicken and 1 Tbsp. cheese. Fold tortilla in half .
4. Place in oven at 350 degrees and cook until cheese is melted.

Serves 6. One quesadilla is a G/B (1 oz.), a MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Big Smile Banana Pudding

- 1 1/2 c. mashed bananas
- 1 1/2 c. applesauce
- 2 Tbsp. vanilla yogurt

1. Mix by hand or in blender.

Serves 6. 1/2 c. of pudding is a fruit (1/2 c.) for a 3-5 year old at snack.



Winter Week Two Tuesday

Creamy Apple Wrap

4—6" whole wheat tortillas
8 Tbsp. nut butter
2 c. apples, thinly sliced

1. Assemble each tortilla with nut butter, and apples.
2. Roll up, cut in half.

Serves 4. One wrap is a G/B (1.0 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Sassy Salmon

6—2 oz. salmon filets
2 Tbsp. honey
1 Tbsp. soy sauce
1 Tbsp. orange juice
2 Tbsp. olive oil

1. Pre-heat oven at 375 degrees.
2. In small bowl, mix honey, soy sauce, orange juice, and olive oil set aside.
3. Place filets on cookie sheet pan, lined with parchment paper or foil.
4. Spoon mixture over salmon filets, then cook on middle top rack until fish is firm about 7- 10 minutes.

Serves 6. One filet is a MMA (1.5 oz.) for a 3-5 year old at lunch/ supper.

Awesome Asian Rice

2 c. hot cooked brown rice
2 Tbsp. soy sauce
4 tsp. sugar
4 tsp. garlic powder
4 tsp. pepper, black ground
4 tsp. ginger ground

1. Mix all ingredients together.

Serves 8. 1/4 c. rice is a G/B (0.5 oz.) for a 3-5 year old at lunch/supper.

Hummus

2 – 14.5 oz cans (3 c.) garbanzo beans
drained and rinsed
2 Tbsp. water
3 Tbsp. olive oil
1 fresh lemon, juiced
2 cloves garlic, minced
1/4 tsp. ground cumin
1/4 tsp salt or to taste

Blend until smooth. Adjust flavors as needed.

Serves 8. 2 Tbsp. of hummus is a MMA (0.5 oz.) for a 3-5 year old at snack.

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Winter Week Two Wednesday

Big Dipper Parfait

3 c. mixed berries
3 c. plain yogurt
2 c. granola

Layer 1/2 c. fruit, 1/2 c. yogurt and 1/3 c. granola to make parfaits.

Serves 6. One parfait is a G/B (0.5 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Fun Frijole Wraps

1 1/2 c. mashed avocado
2—14.5oz can (3 c.) black beans, rinsed, drained
2 Tbsp. garlic, minced
2 tsp. cumin, ground
1/2 tsp. chili powder
3 tsp. lemon or lime juice
1/8 tsp. salt
1/8 tsp. ground black pepper
6—6" whole grain tortillas
1 c. tomato, sliced
2 c. spinach, chopped

1. Place avocado, black beans, garlic, cumin, chili powder, and lime juice and salt and pepper in a bowl. Mash with a fork until smooth.
2. Spread each tortilla with avocado mixture. Top with tomato and spinach and roll up.

Serves 6. One wrap is a G/B (1.0 oz.), MMA (1.5 oz.), and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

All-Star Snack

1 1/2 c. sliced apples
1 c. carrots, peeled, sliced
1/2 c. sweet potatoes, peeled, thin sliced
1 c. water
1 Tbsp. brown sugar

1. Bring 3/4 cup water to boil. Simmer carrots and sweet potatoes until semi tender. Drain and cool.
2. In small baking dish, layer sweet potatoes and carrots with apples. Sprinkle brown sugar on top.
3. Add 1/4 c. water. Cover and bake at 350°F until apples are tender about 20 minutes.
5. Remove cover and bake until lightly browned, about 10 minutes.

Serves 4. 1/2 c. of All-Star Snack is a 1/4 c. vegetable and 1/4 c. fruit for a 3-5 year old at snack.



Winter Week Two Thursday

Morning Fun Muffins

- 1/2 c. butter, softened
- 1/4 c. brown sugar, or to taste
- 3 c. mashed bananas
- 1 c. applesauce
- 2 carrots, grated
- 2 eggs, beaten
- 1 tsp. vanilla extract
- 1 1/2 cup. whole wheat flour
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- 1/2 tsp. salt

1. Preheat an oven to 375 degrees F.
2. Grease 12 standard muffin cups
3. In a mixing bowl, cream together the butter and brown sugar until smooth. Mix in the mashed bananas, applesauce, carrots, eggs and vanilla.
4. Stir in the flour, baking soda, pumpkin pie spice, and salt until just combined.
5. Spoon the batter equally into the prepared muffin cups.
6. Bake for 15 to 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Serves 12. One muffin is a G/B (1 oz.) for a 3-5 year old at breakfast

Chicken Tango Triangles

- 9 oz. cooked chicken, shredded
- 1 Tbsp. mayonnaise
- 1/4 c. green onions, small slice
- 1/2 c. tomatoes, small chop
- 1 c. carrots, small chop
- 6 slices bread, whole grain, cut into 4 triangles per slice

1. Mix chicken, mayonnaise, onions, tomatoes, and carrots.
2. Spread mixture over bread triangles then serve.

Serves 6. 4 triangles is a G/B (1.0 oz.), MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Cheese Crispy

- 1 c. whole wheat flour
- 2 tsp. baking powder
- 1/4 tsp. paprika
- 1/4 tsp. salt
- 2 c. grated cheddar cheese
- 1 beaten egg
- 4 Tbsp. milk
- Sesame seeds for garnish

1. Blend flour, baking powder, paprika and salt in a bowl.
2. Add grated cheese, beaten egg and milk. Mix all ingredients until dough forms a ball.
3. Refrigerate for 30 minutes.
4. Roll out dough very thin.
5. Cut with cookie cutters and place on a cookie sheet. Sprinkle with sesame seeds.
6. Bake at 350° until lightly golden and firm about 15 minutes.

Makes 16 crispies. One Crispy is a G/B (0.5 oz.) for a 3-5 year old at snack.



Winter Week Two Friday

Mighty Meatloaf

- 2 Tbsp. olive oil
- 1/4 c. chopped green bell pepper
- 1/4 c. chopped onion
- 3 eggs
- 3/4 c. crushed pineapple
- 1/4 c. oatmeal
- 1 1/2 c. bread crumbs
- 2 tsp. dried Italian seasoning
- 1 tsp. garlic powder
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 1/4 lbs. ground turkey

1. Preheat oven to 350°. Spray loaf pan with non-stick cooking spray.
 2. Saute green pepper and onion in oil for 5 min.
 3. Stir peppers and onions with eggs, pineapple, oatmeal, bread crumbs, and spices.
 4. Add ground turkey, and mix by hand until well blended.
 5. Spoon turkey mixture into loaf pan, packing loosely but evenly.
 6. Bake for 65-90 minutes or until a meat thermometer inserted in center of loaf reads 165°.
- Serves 8. One slice is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.*

Amazing Acorn Squash

- 2 acorn squash, halved, seeds removed
- 2 Tbsp. butter
- 4 Tbsp. brown sugar

1. Preheat oven to 400°F.
2. Score the insides of each half several times with a sharp knife. Place each half in a baking pan, cut side up. Add about an inch of water to the bottom of the baking pan so that the skins don't burn and the squash doesn't get dried out.
3. Coat the inside of each half with 1/2 a Tbsp. of butter. Add 1 Tbsp. brown sugar to each half.
4. Bake in the oven for 45 minutes 1 hour 15 minutes, or until the squash is very soft and the tops are browned.

Serves 4. One squash half is a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Bunny Juice

- 1/2 c. apple juice
- 1 1/2 c. peeled carrots
- 1 c. apple slices

1. Add apple juice and carrots to blender. Blend for a couple minutes until carrot chunks are pureed.
2. Add apple slices and blend mixture until smooth.

Serves 4. 1/2 c. of bunny juice is a 1/4 c. of vegetable and a 1/4 c. of fruit for a 3-5 year old at snack.



Winter Week Three Monday

Fruity Toast

8 slices whole wheat bread
4 oz. low-fat whipped cream cheese
2 c. sliced fruit - banana, strawberries,
peaches, kiwi

1. Toast bread.
2. Spread each slice with 1 Tbsp. cream cheese and top with 1/2 c. fresh fruit.

Serves 8. One slice is a G/B (1 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Beany Pizza Patties

2 —14.5 oz cans red kidney beans, rinsed and drained
1 egg, beaten
1/4 c. bread crumbs
2 tsp. Italian seasoning
1/4 tsp. salt
1 c. marinara sauce, low sodium

1. Mash the beans and mix with the remaining ingredients.
2. Press mixture together to make 4 patties.
3. Heat a skillet coated with cooking spray over medium heat.
4. Add patties and cook until brown and crusty. Flip patties and brown the other side. Portion 1 patty with 1/4 c. heated marinara sauce.

Serves 4. 1 patty with sauce is a MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Turkey Roll-Ups

6 oz. deli turkey slices
6 Tbsp. whipped cream cheese
2 c. cucumber spears

1. Spread cream cheese on 1.5 oz. of turkey slices.
2. Place a cucumber spear the length of the turkey slice and roll up.
3. Repeat with other turkey slices.
4. Cut each turkey roll-up into 4 pieces.

Four roll-up pieces is a MMA (1.5 oz) and a vegetable (1/2 c.) for a 3-5 year old at snack.

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Winter Week Three Tuesday

Berry Blueberry Muffins

1/2 c. regular rolled oats
1 c. skim milk
1 c. whole wheat flour
1 Tbsp. baking powder
1/4 tsp. cinnamon
1/4 tsp. salt
1/3 c. brown sugar
3 1/2 Tbsp. vegetable oil
2 tsp. grated lemon zest
1 egg, lightly beaten
1 c. blueberries, fresh or frozen. If frozen, drain if needed

1. Preheat the oven to 400 degrees. Line a 12-cup muffin pan
2. Combine the oats and milk and microwave on high 3 minutes.
3. Combine the flour, baking powder, cinnamon, and salt. Whisk to blend. Add the brown sugar, oil, lemon zest, oats mixture and egg.
4. Gently fold in the blueberries.
6. Spoon the batter into the muffin cups. Bake 15-18 minutes.

Serves 12. One muffin is a G/B (1.5 oz.) for a 3-5 year old at breakfast.

Homemade Chicken Bites

10 oz. boneless, skinless chicken
2 eggs, beaten
1/2 c. bread crumbs
1/8 tsp. pepper
1/8 tsp. paprika
1/4 tsp. parsley dried
3 Tbsp. Parmesan cheese

1. Cut the chicken breast into 20 bite-size chunks.
2. Dip the chicken chunks into the beaten eggs.
3. In a plastic bag, mix the bread crumbs, pepper, paprika, dried parsley and cheese.
4. Put the chicken pieces in the bag and shake to coat all sides.
5. Bake at 400 degrees for 15-20 minutes.

Serves 4. 5 chicken bites is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Tangy Sweet Potatoes

2 c. sweet potatoes, peeled, diced
1/2 c. onion, chopped
2 Tbsp. parmesan cheese
2 Tbsp. olive oil

1. Toss together sweet potatoes, onions, parmesan cheese and oil.
2. Roast in 375 degree oven 25-35 min.

Serves 4. 1/2 c. of sweet potatoes is a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Baking Powder Biscuits

2 c. whole wheat flour
4 tsp. baking powder
1/2 tsp. salt
4 Tbsp. cold butter
1 c. milk

1. Combine flour, baking powder, and salt.
2. Cut the butter into pea sized pieces and mix into the flour until it resembles coarse crumbs. Pour in the milk and mix it all together.
3. Pat dough out flat with your hands until the 3/4-inch thickness
4. Turn a drinking glass upside down and cut out biscuit rounds.
5. Bake 450 degrees for 10 – 12 minutes.

Makes 16 biscuits. One biscuit is a G/B (1.0 oz.) for a 3-5 year old at lunch/supper.

Easy Tomato Bruschetta

1—8 oz. baguette, cut into 24 slices
1/4 c. olive oil
4 c. petite diced tomatoes, drained
1/3 c. fresh basil
1/4 tsp. salt
1/8 tsp. pepper

1. Place bread slices on baking sheet. Brush tops with olive oil. Bake 12 to 15 minutes or until I toasted.
2. Combine remaining ingredients and place 3 Tbsp. mixture on each slice.

Makes 24 slices Three slices is a G/B (1.0 oz.) and a vegetable (1/2 c.) for a 3-5 year old at snack.

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Winter Week Three Wednesday

Broccoli Mini Bakes

- 1 Tbsp. unsalted butter
- 2 c. broccoli, chopped
- 1 c. tomatoes, chopped
- 1/2 c. onions, small chop
- 1/8 tsp cumin ground
- 6 large eggs
- 1½ c. hashbrown potatoes
- ½ c. shredded cheddar cheese

1. Preheat oven to 400°F.
2. Heat butter in large skillet over medium heat; add broccoli, tomatoes, onions and cumin. Cook for 5 minutes, or until tender and water evaporates.
3. Lightly beat eggs in large mixing bowl. Mix in cooked vegetables, potatoes and cheese. Season with salt and pepper.
4. Line large muffin tin with 8 greased foil cups. Portion mixture into each cup.
5. Bake for 10-20 minutes.

Serves 8. Each mini bake is a 1/2 c. vegetable for a 3-5 year old at breakfast.

Potato Vegetable Chowder

- 2 Tbsp. olive oil
- 1 c. carrots, peeled, chopped small
- 1 1/2 c. onions, finely chopped
- 1 1/2 c. zucchini
- 1 1/2 c. leeks, chopped
- 4 Tbsp. garlic, minced
- 1 tsp. thyme dried
- 5 c. vegetable broth
- 1 1/2 c. canned diced tomatoes
- 2 c. unpeeled red potatoes, diced
- 2 tsp. salt

1. Saute carrots, onions, zucchini, leeks, garlic and thyme in oil in large stock/soup pot for 10 min.
2. Add broth, diced tomatoes and potatoes and bring liquid to boil.
3. Reduce heat and simmer until vegetables are completely tender, about 15 minutes.

Makes 12 c. of soup. 3/4 c. soup is a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Cracker Stackers

- 12 large crackers
- 6 oz. sliced thin deli turkey, low sodium
- 1/2 c. sliced kiwi
- 1/2 c. sliced pear
- 1/2 c. sliced tomato
- 1/2 c. sliced cucumber

Start assembly by laying out four crackers. Add 1 1/2 oz. turkey, then 2 Tbsp. kiwi, then add another cracker.

Continue stack with 2 Tbsp. pear, 2 Tbsp. tomato, 2 Tbsp. cucumber and another cracker.

Makes 4 cracker stackers. Each stacker is a G/B (1.0 oz.), MMA (1.5 oz.) and a fruit (1/4 c.) and vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Apple Crumble Bars

- 4 c. apples, peeled, cored and diced
- 3 Tbsp. sugar
- 1/2 tsp. cinnamon
- 2 tsp. cornstarch
- 1 1/2 Tbsp. lemon juice
- 1 1/3 c. whole wheat flour
- 2 Tbsp. sugar
- 1 tsp. salt
- 1 stick butter, at room temperature

¼ c. low sugar fruit jam

½ c. all-purpose flour

3 Tbsp. sugar

4 Tbsp. unsalted butter, softened

1. Cook apples, sugar, cinnamon for 5-7 min. Whisk cornstarch and juice; add to apples and cook for 3 min.

2. Heat oven to 350 and grease an 8x8" pan. 3. Combine flour, sugar and salt and cut in butter. Press the mixture into pan.

4. Bake for 10-12 min., then spread on jam; Top with cooked apple mixture.

6. Mix flour, sugar butter into crumb topping; Bake for 25-30 min.

Makes 8 bars. One bar is a G/B (1 oz.) and a fruit (1/2 c.) for a 3-5 year old at snack.

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Winter Week Three Thursday

Apple Pancakes

- 1 c. whole-wheat flour
- 2 c. green apples, cored and grated
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 egg
- 1/2 c. 1% milk
- 2 c. chopped fresh fruit as topping

1. Combine flour, baking powder, and salt
2. In a separate bowl, whisk together egg and milk; stir in the grated apples until just incorporated.
3. Mix wet apple mixture with dry ingredients, stirring gently
4. Heat large skillet medium heat.
5. Spoon out the batter, to make desired size pancakes.
6. Cook on both sides and serve with fruit.

Makes 8 pancakes. One pancake with 1/2 c. fruit topping is a G/B (1.0 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Lovable Lentils

- 2 1/4 c. water
- 1 3/4 c. dry lentils, rinsed
- 1 c. chopped onion
- 2 med. carrots, thinly sliced
- 1/2 c. thinly sliced celery
- 2 garlic cloves, minced
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/8 tsp. EACH dried marjoram, sage and thyme
- 1 bay leaf
- 2 c. chopped fresh tomatoes
- 1/2 c. chopped green pepper
- 2 Tablespoons minced fresh parsley
- 10 oz. shredded cheese

1. In a 9x13 dish, combine the first 12 ingredients (water through bay leaf).
2. Cover and bake at 350° for 45 min.
3. Stir in tomatoes and green pepper. Cover and bake 15 minutes longer; sprinkle with parsley and cheese. Bake, uncovered, for 5-10 minutes or until cheese is melted. Discard bay leaf before serving.

Makes 16 servings. 3/4 c. of lovable lentils is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper

Tomato Treats

- 2 c. sliced tomatoes
- 1 c. cottage cheese
- 9 tsp. Balsamic vinegar

Assemble tomato treats by spooning 2 Tbsp. of cottage cheese on each tomato slice and drizzling with 1 tsp. vinegar.

Serves 4. Two tomato treats are a MMA (0.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at snack.



Winter Week Three Friday

Curried Peachy Pears

- 1 1/2 c. peaches, canned, drained
- 1 1/2 c. pears, canned, drained
- 1 Tbsp. butter
- 1 tsp. curry powder
- 1 Tbsp. brown sugar

1. In saute pan, medium heat, melt butter, then add curry powder, fruit then brown sugar.
2. Mix well, and cook until fruit is heated through.

Serves 6. 1/2 cup of Curried Peachy Pears is a fruit (1/2 c.) for a 3-5 year old at breakfast.

Teriyaki Chicken

- 3 Tbsp. + 1 tsp. lemon juice
- 2 Tbsp. + 1 tsp. soy sauce
- 2 Tbsp. vegetable oil
- 1 Tbsp. ketchup
- 1/4 tsp. black pepper
- 1/4 tsp. garlic powder
- 10 skinless chicken drumsticks

1. In a bowl, stir together lemon juice, soy sauce, vegetable oil, ketchup, pepper, and garlic powder. Stir until smooth.
2. Place the chicken parts in a lightly oiled shallow baking pan or casserole dish. Pour the marinade over the chicken. Cover and refrigerate overnight.
4. Bake in a 350° F oven for about 45 min or until the internal temperature of the chicken parts reaches 180° F.

Serves 10. One drumstick is a MMA (1.5 oz) for a 3-5 year old at lunch/supper.

Savory Brown Rice

- 1 1/2 c. brown rice
- 3 c. water
- 2 pinches salt

Bring rice and water to a boil. Reduce heat and simmer until rice is soft.

Makes 3 c. rice. 1/4 c. of rice is a G/B (0.5 oz.) for a 3-5 year old at lunch/supper.

Cranberry Apple Salad

- 1 c. fresh cranberries, chopped
- 1 c. red apple, chopped
- 1 1/2 c. seedless green grapes, chopped
- 1/2 c. raisins
- 1 Tbsp. sugar
- 8 oz. lowfat vanilla yogurt

1. Mix all ingredients, toss to coat.
2. Cover, chill for 2 hours.
3. Stir before serving.

Makes 4 cups of salad. 1/2 c. of salad is a fruit (1/2 c.) for a 3-5 year old at snack.



Winter Week Four Monday

Sunshine Scrambler

- 2 Tbsp. olive oil
- 6 eggs, beaten
- 1/2 c. red or green bell peppers, chopped
- 1/2 c. tomatoes, chopped
- 1/4 c. parmesan cheese

1. In a medium sauté pan, heat oil on medium heat, add bell peppers and tomatoes and sauté for about 2 minutes, or until peppers are tender.
2. Add eggs, stir and cook until firm, solid and not clear, 2-3 minutes.

Serves 6. One serving is a MMA (1.0 oz.) for a 3-5 year old at breakfast.

Tasty Tomato Basil Pasta

- 1 Tbsp. olive oil
- 1 lb. lean ground turkey
- 2 Tbsp. garlic, minced
- 2 Tbsp. basil, dried leaf
- 2 tsp. Italian seasoning
- 1 lb. cooked rotini or penne pasta
- 1—28 oz. can crushed tomatoes
- 1 c. cottage cheese
- 1 c. Parmesan cheese
- 1 c. mozzarella cheese

1. Pre-heat oven at 350 degrees.
2. Heat oil in a skillet and add ground turkey and spices. Cook through.
3. In large bowl combine tomatoes, cottage cheese, cooked turkey mixture and Parmesan cheese. Mix well and add pasta.
4. Place the mixture into a 9 x 13 inch dish; sprinkle with mozzarella cheese and bake for 30 minutes.

Serves 16. One cup of pasta is a G/B (1.0 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Apple Rice Delight

- 1 c. cooked rice
- 1 c. low-fat vanilla yogurt
- 1 c. applesauce
- 1 tsp. cinnamon

Mix rice and applesauce together in a large bowl. Add cinnamon and yogurt. Stir well.

Serves 4. 3/4 c. of apple rice delight is a G/B (0.5 oz.) and a MMA (0.5 oz.) for a 3-5 year old at snack.



Winter Week Four Tuesday

Mexican Migas

2 Tbsp. butter
6—8-inch corn tortillas cut into long, narrow strips
1/2 tsp. salt
1/4 tsp. black pepper
6 large eggs, beaten
1/2 c. shredded cheese
1 c. salsa

1. Melt the butter in a large pan. Add the tortilla strips and continue to cook, stirring now and then, until they start to get slightly golden. Season with the salt and pepper.
2. Pour the eggs into the pan and cook, stirring occasionally, until the eggs are almost fully cooked but still a little wet .
3. Add the cheese and stir to combine and finish cooking the eggs.
4. Top with salsa to serve.

Serves 6. One serving is a G/B (0.5 oz.) and a MMA (1.0 oz.) for a 3-5 year old at breakfast.

Wonderful Winter Soup

4 Tbsp. olive oil
1 c. onions, chopped
1 c. carrots, peeled and chopped
1 c. celery, chopped
4 c. butternut squash, peeled and cubed
2 tsp. thyme dried, leaf
2 Tbsp. garlic, minced
1 Tbsp. parsley, dried leaf
4 c. vegetable stock
3/4 c. bulgur wheat
4.5 c. chickpeas, rinsed and drained
1 c. canned petite diced tomatoes

1. Heat oil in a large stock pot on and sauté onions, carrots and celery for 5 minutes.
2. Add squash, thyme, garlic, and parsley. Stir in stock and bring to a simmer. Cook for 10 to 15 minutes or until squash is tender.
3. Add bulgur, garbanzo beans and tomatoes and simmer another 10 minutes.

Serves 12. 1 c. of soup is a MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at lunch/supper

Blizzard Fruit Mix

2 c. apples, cored, chopped
1 c. grapes, red or green, halved
1 c. canned peaches, chopped, drained

Mix apples, grapes and peaches together.
Serves 4. 1/2 c. of fruit mix is a fruit (1/2 c.) for a 3-5 year old at snack.

twist & sprout

Winter Week Four Wednesday

Goldilocks Porridge

3/4 c. whole grain farina
4 c. milk
½ tsp. salt
1 cinnamon stick

1. Bring milk cinnamon stick and salt just to a boil.
2. Gradually add farina, stirring constantly with wire whisk until well blended.
3. Return to a boil. Reduce heat to Low; simmer uncovered, 2-1/2 minutes or until thickened, stirring frequently.
4. Remove cinnamon stick before serving

Serves 6. 1/4 c. cereal is a G/B (0.5 oz.) for a 3-5 year old at breakfast.

Pizza Wheels

1 1/3 c. whole wheat flour
1/4 tsp. salt
1 packet active dry yeast
1/2 c. milk, warm
1 Tbsp. olive oil
1/3 c. tomato sauce
1 tsp. Italian Seasoning
1/2 c. onion, chopped
1/2 c. green bell peppers, chopped small
1 c. ham, chopped
1 c. mozzarella cheese, grated

1. Preheat oven to 350 degrees F.
2. Combine flour, salt, and yeast. Mix in warm milk and oil. Knead for 10 minutes and then divide dough into two equal pieces.
3. Roll out to one 12x8" rectangle; Spread with tomato sauce, sprinkle with italian seasoning.
4. Sprinkle onion, peppers, ham, and cheese.
5. Roll rectangle lengthwise in jelly roll style, cut into 8 slices. Bake for 25 minutes.

Serves 8. One wheel is a G/B (1.0 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Crispy Carrot Cole Slaw

2 c. (green or red or both) cabbage, shredded
2 c. carrots, peeled shredded
2 c. raisins
1 c. apples, cored, chopped small
4 oz. pineapple, crushed and drained
1/2 c. mayonnaise

Mix the cabbage, carrot, raisins, apples and pineapple with the mayonnaise in large bowl. Refrigerate at least one hour.
Serves 12. 1/2 c. of coleslaw is a fruit/vegetable (1/2 c.) for a 3-5 year old at snack.



Winter Week Four Thursday

Cranberry Sweet-Potato Muffins

- 2 Tbsp. sugar
- 1 tsp. cinnamon
- 1 1/2 c. whole wheat flour
- 1/4 c. + 1 Tbsp. sugar
- 2 tsp. baking powder
- 3/4 tsp. salt
- 1/2 tsp. ground cinnamon
- 1/2 c. cooked mashed sweet potatoes
- 1/4 c. skim milk
- 1/4 c. melted butter
- 1 egg
- 1 c. chopped fresh frozen cranberries

1. Mix the sugar and cinnamon
2. Whisk together flour, sugar, baking powder, salt, cinnamon, in a large bowl. In a separate bowl, stir together the sweet potatoes, milk, butter, and egg.
3. Add wet ingredients to the dry; stir until just combined. Fold in berries.
4. Grease standard muffin pan and fill; sprinkle with sugar-cinnamon mixture.
5. Bake for 18-22 minutes.

Serves 12. One muffin is a G/B (1.0 oz.) for a 3-5 year old at breakfast.

Chicken Caesar Wrap

- 1 lb. chicken cooked and pulled/shredded
- 2 ¼ oz. Caesar dressing
- 3 c. romaine lettuce, shredded
- 3—12" whole wheat tortillas
- salt and pepper for seasoning

1. Toss lettuce in Caesar dressing. Taste and adjust seasoning with salt and pepper if necessary.
2. Portion 3 oz. chicken and 1 c. lettuce for each tortilla.
3. Roll, and cut in half.

Serves 6. One wrap (1/2 of a tortilla) is a G/B (1.0 oz.) and a MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Rosy Mozzarella Bites

- 1 c. mozzarella cheese, shredded
- 12 large whole grain crackers
- 1/2 cup spaghetti sauce, room temp

1. Heat oven to 350 degrees.
2. Place crackers on baking sheet pan. Sprinkle crackers with cheese.
3. Bake until cheese begins to melt about 5 minutes. Remove crackers from oven, put small dab of spaghetti sauce on top of melted cheese.

Serves 4. Three crackers is a G/B (0.5 oz.) and a MMA (0.5 oz.) for a 3-5 year old at snack.

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Winter Week Four Friday

Zesty Breakfast Wrap

- 1—15 oz. can pinto beans, rinsed
- 1—14.5 oz. can diced tomatoes,
- 3/4 c. yellow onions, chopped small
- 2 Tbsp. garlic, minced
- 1/4 c. salsa
- 1 Tbsp. vegetable oil
- 8—6" whole wheat tortillas
- 1 c. cheddar cheese, shredded

1. On medium heat in large sauce pan, add beans, tomatoes, onions, garlic and salsa.
2. Bring to a simmer and cook until onions are tender, about 10 minutes.
3. Remove from heat, add cheese, mix well.
4. Lay tortillas out, and assemble by equally dividing mixture onto tortillas and spread.

Serves 8. One wrap is a G/B (1.0 oz.) and a vegetable (1/2 c.) for a 3-5 year old at breakfast.

Oven Beef Stew

- 2 lbs. beef stew meat, cut into pieces
- 1/2 c. + 1 Tbsp. flour
- 1 1/2 tsp. salt
- 1 tsp. pepper
- 1 tsp. paprika
- 1 1/2 Tbsp. Italian seasoning
- 3 Tbsp. vegetable oil
- 1 c. onions, chopped
- 2 c. carrots, peeled, chunked
- 2 c. potatoes, peeled, chunked
- 2 c. chicken broth
- 1—28 oz. can diced tomatoes

1. Pre-heat oven at 400 degrees.
2. In a large bowl, combine flour and spices; Add stew meat to dry mixture, toss, coat all pieces.
4. Put oil in a baking dish, add coated mixture.
- 5 Bake at 400 degrees uncovered for 30 minutes.
6. Add onions, carrots, potatoes, water, and tomatoes.
7. Reduce heat to 375 degrees, cover and cook for 1 hour.
8. Stir thoroughly and cook for and additional hour.

Serves 12. One cup of beef stew provides a MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Tuna Spinach Boats

- 9 oz. canned light tuna in water
- 1/2 c. chopped celery
- 2 Tbsp. light mayonnaise
- 1 tsp. vinegar
- 2 c. fresh spinach leaves

1. Drain tuna. Mix all the ingredients except spinach.
2. Spoon filling onto freshly washed spinach leaves.

Serves 4. One serving is a MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at snack.